

Be Careful of Picnic Foods. Doctor Advises

ROY O. GILBERT, M. D., L. A. County Health Officer

Picnics are pleasant summer interludes, particularly when there are children in the family. To avoid food poisoning at the picnic, however, it is advisable to take special precautions with the food that is served.

Unless properly refrigerated from the time cooking is completed until just before serving, the foodstuffs to be avoided are those that provide a perfect breeding ground for bacteria. These include such things as cooked meats and fowl, custards,

cream-filled pastries and cakes, chicken salad or cooked salad dressings, stuffed eggs and egg salads, and potato salad.

Fortunately, foods of this type are perfectly safe for human consumption, when portable car refrigerators, ice, or chemical freezing bags are used to keep the food cold. They are not safe to eat, however, when allowed to remain in a warm-temperature environment appreciable time before being consumed.

Many persons, picnic or no, like to have some kind of hot food

with a meal. In these instances, the food must be kept good and hot until eaten or refrigerated until time to heat it. When any cooked food is allowed to remain in a warm place, it provides the perfect environment in which food-poisoning bacteria thrive.

Some individuals like to prepare food right on the picnic grounds, but this is recommended only in the preparation of certain foods such as sandwiches, potato salad, and the like. It is difficult to cook such things as ham and chicken properly when using picnic ground equipment. These items are safer to eat when cooked at home and kept cold until eaten.

In barbecuing, both beef and lamb are considered safer to use than pork, because there is a dan-

ger of trichina infection from underdone pork. Furthermore, if this meat is left in a warm temperature for any length of time, heat-resistant bacterial toxins may form and cause illness after it is eaten. This is also the case when pork has been improperly refrigerated prior to cooking.

If sickness occurs in from two to three hours after eating, blame can be laid on the toxins produced by food poisoning bacteria belonging to the Staphylococcus family, particularly Staph. aureus. Many people unknowingly carry these organisms in the nose and throat, which are usually transferred to the hands within a short time. Food should therefore be touched as little as possible and always with thoroughly washed hands.

Staphylococci multiply with great rapidity in such items as salads and salad dressings, chicken pies, cream-filled desserts, and similar foods. Generally speaking, the greater the quantity eaten, the bigger the stomach-ache.

Should illness occur anywhere from 7 to 12 hours after eating, chances are that it is caused by a Salmonella infection from contaminated meat that was either insufficiently cooked or improperly refrigerated. This type of food poisoning is somewhat more tenacious in character and the individual may take as long as 10 days to recover. The symptoms, in both types of poisoning, include vomiting, diarrhea, abdominal cramps, and prostration.

A severe case of zinc poisoning may result from the simple and apparently harmless procedure of mixing acid foods or drinks, particularly fruit punches, in galvanized containers such as a new garbage can, a receptacle sometimes used for this purpose in group picnics. Copper cans are equally dangerous when used with acid foods.

Informal picnic meals can be a lot of fun during hot weather. But, unless the food is safe to eat, the pleasure of the occasion may be spoiled by unnecessary illness.

A pamphlet giving more information on the rules for safe food will be mailed to anyone who sends a request to the Division of Public Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

For quick and best results, call your ad in to Press classified at FA 8-2345.



PLAY BALL—Dick Reynolds and Dianne Wayt are making a mock protest to Umpire Carl Wahl, as they try to call attention to the second annual Slo-Pitch Softball Tournament now under way in Torrance Park. Final game will be held Sept. 6 to determine the Southern California championships.

—Press Photo

PRESS Sports

Bowling News

Home Improvement holds a three game edge in Bowl-O-Drome's Thursday night Men's Commercial going into the final weeks of their summer meet. Harbor Hospital rides in second, followed four down by the S. A. Cummings quintet in for third. Hallmark Cabinets trail, along with the Try-It store keggers, Carter's, Cinderella Beauty Shop and the Family Store. Try-It Stores' S. Goldman went the three game route connecting for a whopping 613 and 57-670 set to claim the top notch for individual season series honors while N. McCrary, of the Carter mob, uncorked the league's high game tally, sizzling a 253 and 11-264 effort.

In the West Virginia Paper Company competition, it's the Sad Sacks leading the field by a big five game margin. Triple Threats hold down second spot, followed only a half a game by the Cherry Chokers riding in third. Team-mates of the Triple Threat trio hold down the loop's season honors. M. Cloward, racking up a 535 and 240-775 set for the individual series topper and D. Murphy, who came through with a 173 and 57-224 single.

Going into the last week of play, it's still anybody's ball game among the Friday night Rome Cable ten pin addicts. The Jolly Thumpers, Holy Four and Fat Three and One will battle it out for first, second and third as they attempt to break their three

BIRTHDAY CELEBRATION
Mr. and Mrs. James S. Payne of Torrance and Mr. and Mrs. Donald S. Clark of Torrance recently enjoyed an evening together at the Polynesian Restaurant, where they danced and dined on the occasion of Mrs. Clark's birthday anniversary.

McMILLAN IN GERMANY
Army Pvt. Terry D. McMillan, 18, son of Mr. and Mrs. Herbert C. McMillan, 1926 Arlington Ave., recently arrived in Germany and is now a member of the 3d Armored Division. He is a 1958 graduate of Torrance High School.

way deadlock. E-Z Four hurlers given an outside chance, trailing the leaders by only three games. League leading representative C. Samson claimed the men's individual season's series topper for his rousing 575 and 68-641 cluster as team-mate D. Shrum cut loose with an impressive 223 and 44-257 single to lead in the game column. M. Gregory and her 542 and 93-635 tally tops the girls' series efforts as M. Wilson and J. Allen share the high game limelight. Wilson for her 177 and 63-240 and Allen for her 212 and 28-240.

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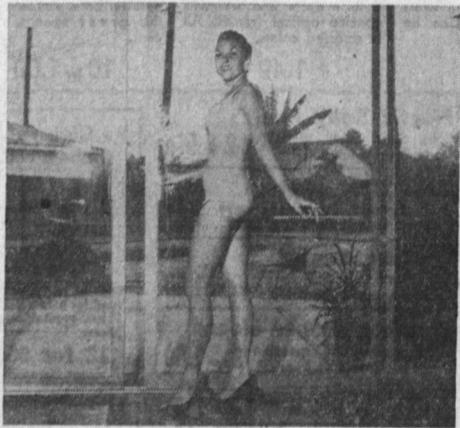
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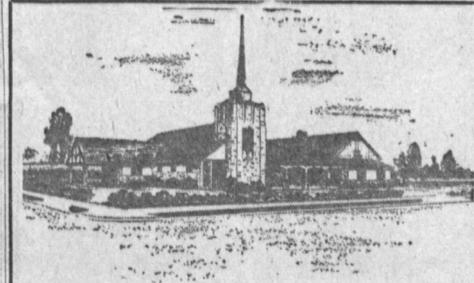
Park Begonia Show

The twenty-seventh Annual Convention and Begonia Show of the American Begonia Society will be held at Plummer Park, 7377 Santa Monica Blvd., Hollywood, Aug. 29, from 2 p.m. to 10 p.m., and Aug. 30 from 10 a.m. to 6 p.m.

Rudolph Ziesenne, a Begonia expert, will lecture Sunday, 2 p.m., on "Begonias and the Garden." The lecture will be given among the plants in the display.

Many fine varieties of begonias and ferns will be for sale.

The public is cordially invited and the admission is 50 cents to all.

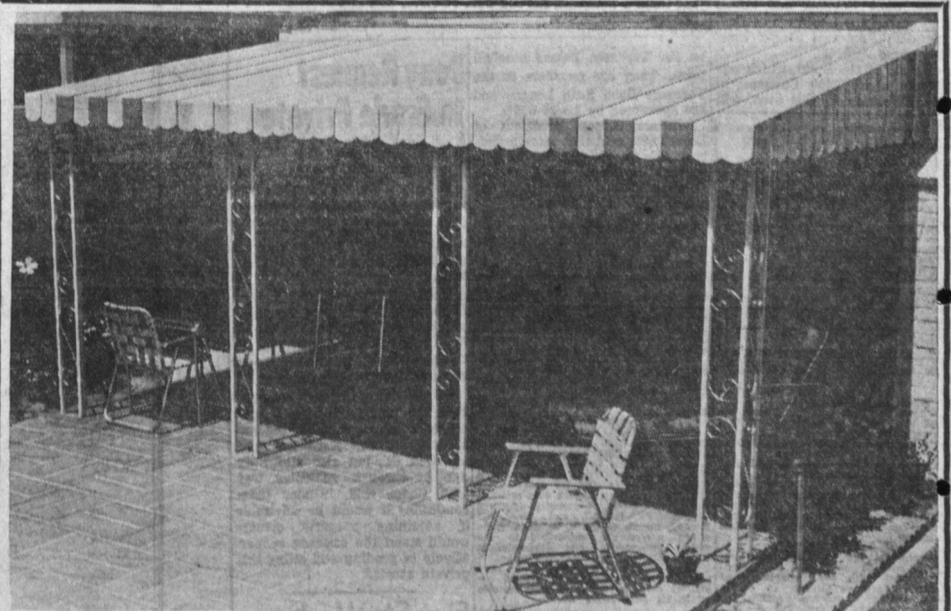


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TOOK SUPPLY COURSE

Army Pvt. Dennis M. Harris, son of Mr. and Mrs. John M. Harris, 4010 W. 176th St., completed the eight-week general supply course Aug. 14 at Fort Ord. A 1957 graduate of North High School, Torrance, Harris attended El Camino Junior College.



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